HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (NTEL05991).
- The NAME of the product (NordicTrack® VGR900 elliptical crosstrainer).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® VGR900 elliptical crosstrainer ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase. Labor is covered for one year.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 164193 R1000A

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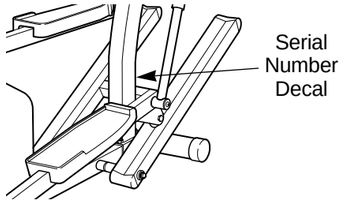
NordicTrack® VGR900

Model No. NTEL05991
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

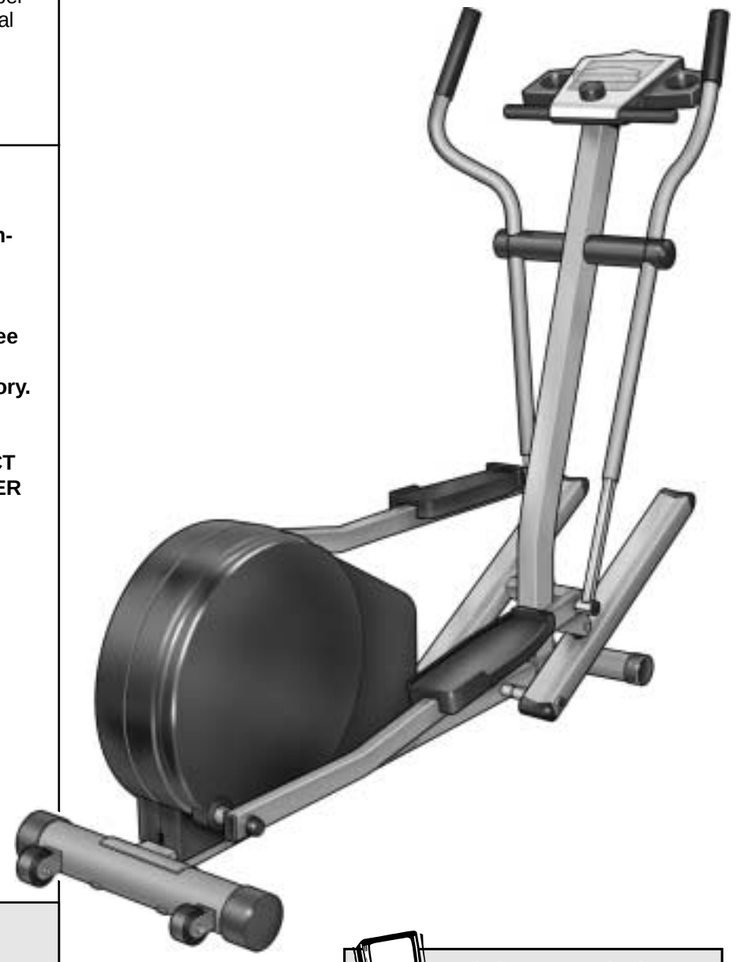
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-825-2588
Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at

www.nordictrack.com

new products, prizes, fitness tips, and much more!

NordicTrack®

VGR900

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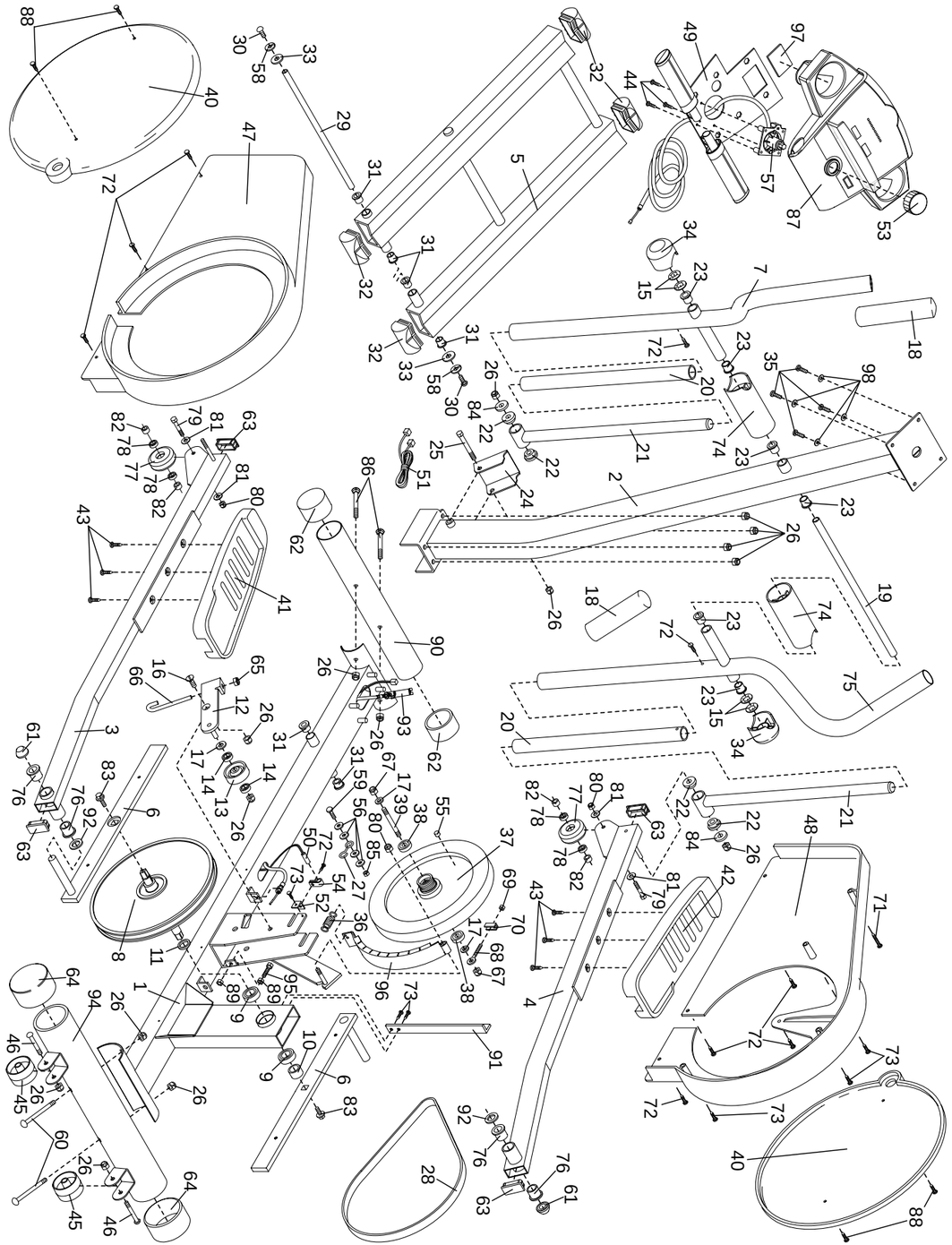
EXPLODED DRAWING—Model No. NTEL05991

R1000A



PART LIST—Model No. NTEL05991

R1000A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	53	1	Resistance Knob
2	1	Upright	54	1	Reed Switch Clamp
3	1	Left Pedal Arm	55	1	Magnet
4	1	Right Pedal Arm	56	4	Clamp Washer
5	1	Incline Frame	57	1	Resistance Control/Cable
6	2	Crank Arm	58	2	M8 Split Washer
7	1	Left Upper Body Arm	59	1	Clamp Bolt
8	1	Large Pulley	60	2	Rear Stabilizer Bolt
9	2	Frame Bearing	61	2	3/4” Axle Cap
10	1	Plastic Crank Spacer	62	2	Front Stabilizer Endcap
11	1	Flat Delrin Washer	63	4	Pedal Arm Cap
12	1	Idler Bracket	64	2	Rear Stabilizer Endcap
13	1	Pulley	65	1	“J” Bolt Nut
14	2	Idler Bearing	66	1	“J” Bolt
15	4	Push Nut	67	2	M10 Nylon Jam Nut
16	1	Idler Arm Screw	68	1	Eyebolt
17	3	M10 Flat Washer	69	1	M6 Nylon Locknut
18	2	Foam Grip	70	1	Adjustment Bracket
19	1	Arm Axle	71	1	M4 x 63.5mm Screw
20	2	Plastic Arm Sleeve	72	10	M4 x 16mm Screw
21	2	Chrome Tube	73	6	M5 x 16mm Screw
22	4	Extension Tube Bushing	74	2	Axle Cover
23	6	Arm Bushing	75	1	Right Upper Body Arm
24	1	Incline Bracket	76	4	Pedal Bushing
25	1	M10 x 85mm Bolt	77	2	Pedal Wheel
26	15	M10 Nylon Locknut	78	4	Pedal Wheel Bearing
27	1	Hook	79	2	Pedal Wheel Bolt
28	1	Belt	80	3	M8 Nylon Locknut
29	1	Incline Axle	81	4	M8 Black Washer
30	2	Incline Axle Screw	82	4	Wheel Spacer
31	6	Incline Bushing	83	2	Flange Bolt
32	4	Incline Frame Cap	84	2	Chrome Tube Washer
33	2	M8 Washer	85	1	Clamp Nut
34	2	Pivot Axle Cap	86	2	Front Stabilizer Bolt
35	4	Console Screw	87	1	Console
36	1	Spring	88	4	M5 x 25mm Screw
37	1	Flywheel	89	2	Stop Nut
38	2	Flywheel Bearing	90	1	Front Stabilizer
39	1	Flywheel Axle	91	1	Side Shield Support
40	2	Pedal Disk	92	2	Plastic Pedal Spacer
41	1	Left Pedal	93	1	Extension Cable
42	1	Right Pedal	94	1	Rear Stabilizer
43	6	Pedal Screw	95	1	Stop Nut
44	3	Resistance Control Screw	96	1	“C” Magnet
45	2	Wheel	97	1	Battery Cover
46	2	Wheel Bolt	98	4	Console Washer
47	1	Left Side Shield	#	1	Grease
48	1	Right Side Shield	#	1	Teflon® Lubricant
49	1	Console Base	#	1	Push Nut Tool
50	1	Reed Switch/Wire	#	2	Allen Wrench
51	1	Extension Wire	#	1	User’s Manual
52	1	Reed Switch Bracket			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. **Read all instructions in this manual before using the elliptical crosstrainer.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.**
3. **The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.**
4. **Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.**
5. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under age 12 and pets away from the elliptical crosstrainer at all times.**
7. **When you stop exercising, allow the pedals to slowly come to a stop.**
8. **Always hold the handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.**
9. **Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.**
10. **Keep your back straight when using the elliptical crosstrainer. Do not arch your back.**
11. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
12. **The elliptical crosstrainer is intended for in-home use only. Do not use the elliptical crosstrainer in any commercial, rental, or institutional setting.**
13. **The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.**

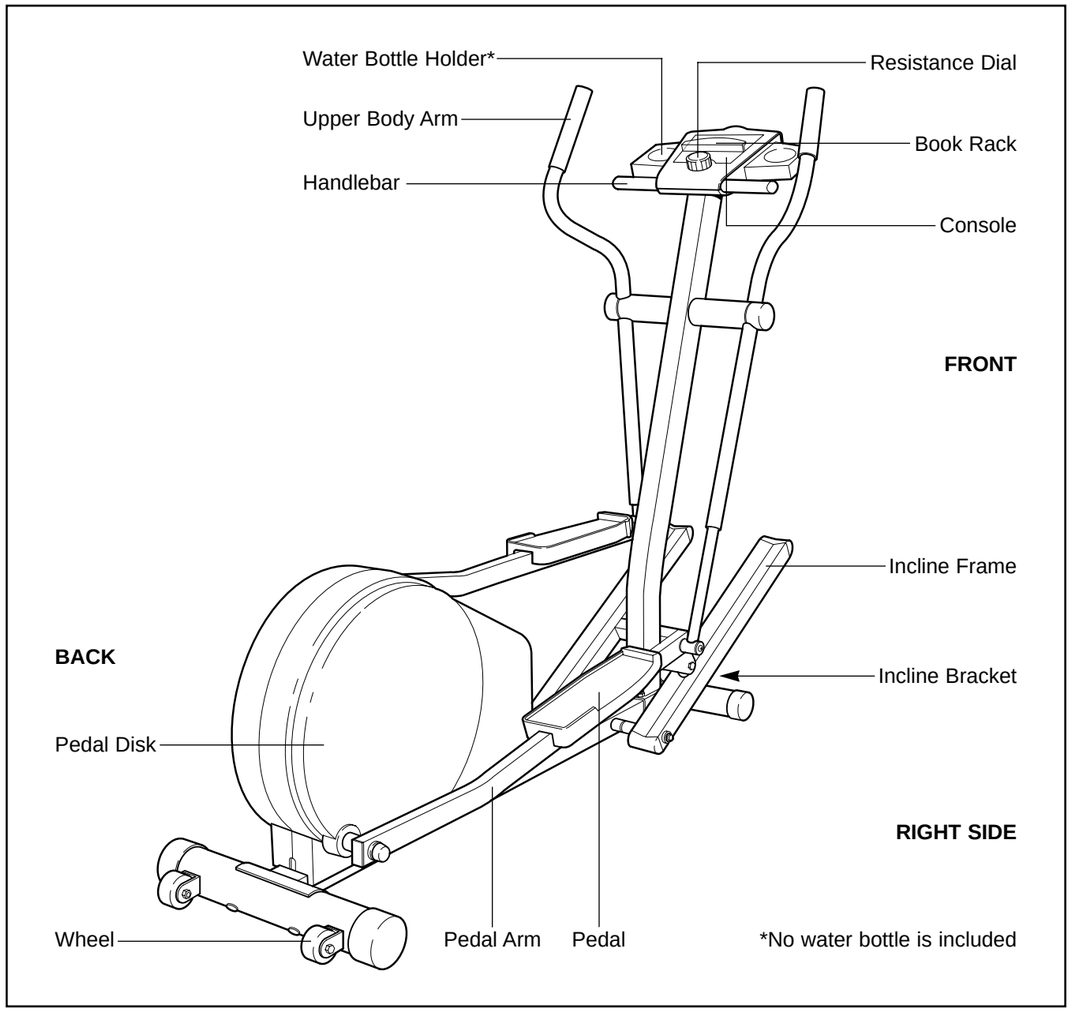
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® VGR900 elliptical crosstrainer. The NordicTrack® VGR900 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique NordicTrack® VGR900 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from NordicTrack.

For your benefit, read this manual carefully before you use the NordicTrack® VGR900. If you have additional questions, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTEL05991. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

The key to success is to make exercise a regular and enjoyable part of your daily life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

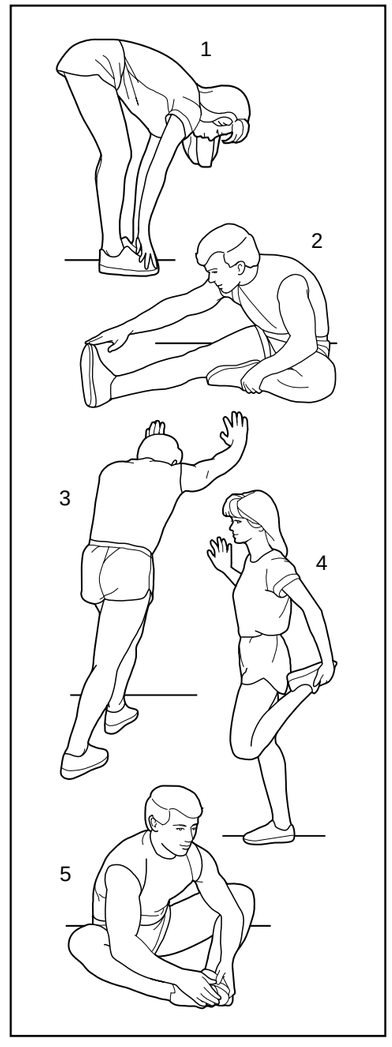
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that a proper diet and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

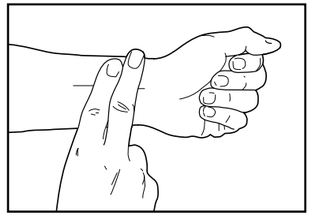
Burning Fat

To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the low end of your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the middle of your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include three important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

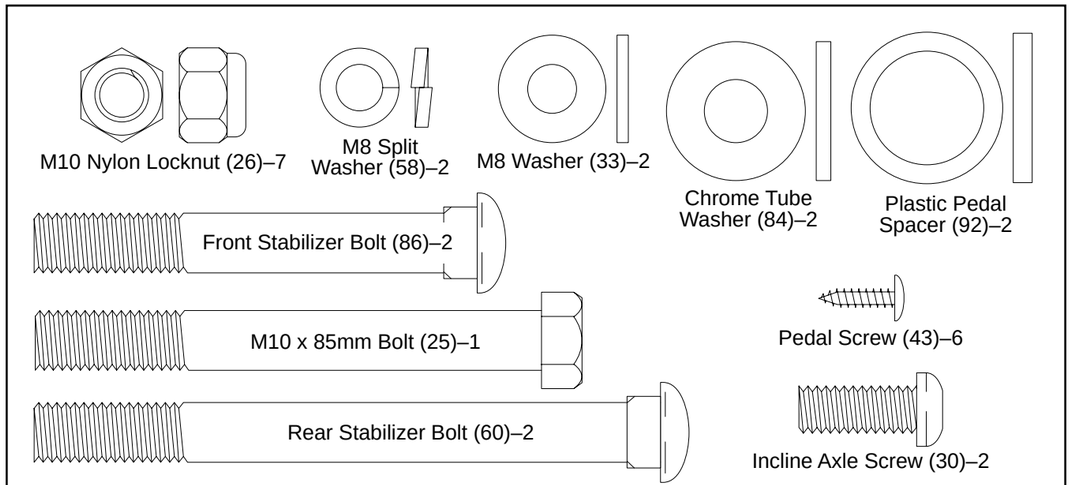
Warming up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

ASSEMBLY

Assembly requires two people. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the two included allen wrenches, assembly requires a phillips screwdriver , an adjustable wrench , a rubber mallet , and pliers .**

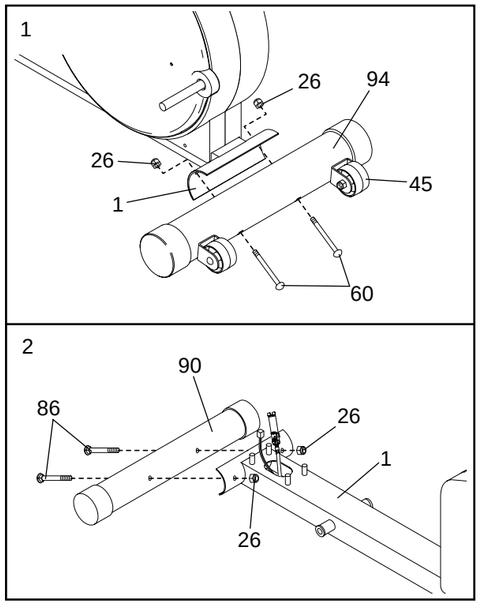
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Rear Stabilizer (94), which has Wheels (45) attached to it.

   Attach the Rear Stabilizer (94) to the rear of the Frame (1) with the two Rear Stabilizer Bolts (60) and two M10 Nylon Locknuts (26). **Make sure that the Rear Stabilizer is turned so the Wheels are not touching the floor.**

2. Attach the Front Stabilizer (90) to the front of the Frame (1) with the two Front Stabilizer Bolts (86) and two M10 Nylon Locknuts (26).



3. Slide an M8 Split Washer (58) and an M8 Washer (33) onto an Incline Axle Screw (30). Tighten the Incline Axle Screw into one end of the Incline Axle (29). Next, apply a small amount of the included grease to the Incline Axle.

   Align the indicated tubes on the Incline Frame (5) with the tubes on the Base (1). **Make sure that the Incline Frame is turned so the V-shaped grooves are on top.** Insert the Incline Axle (29) through the Incline Frame and the Base. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.

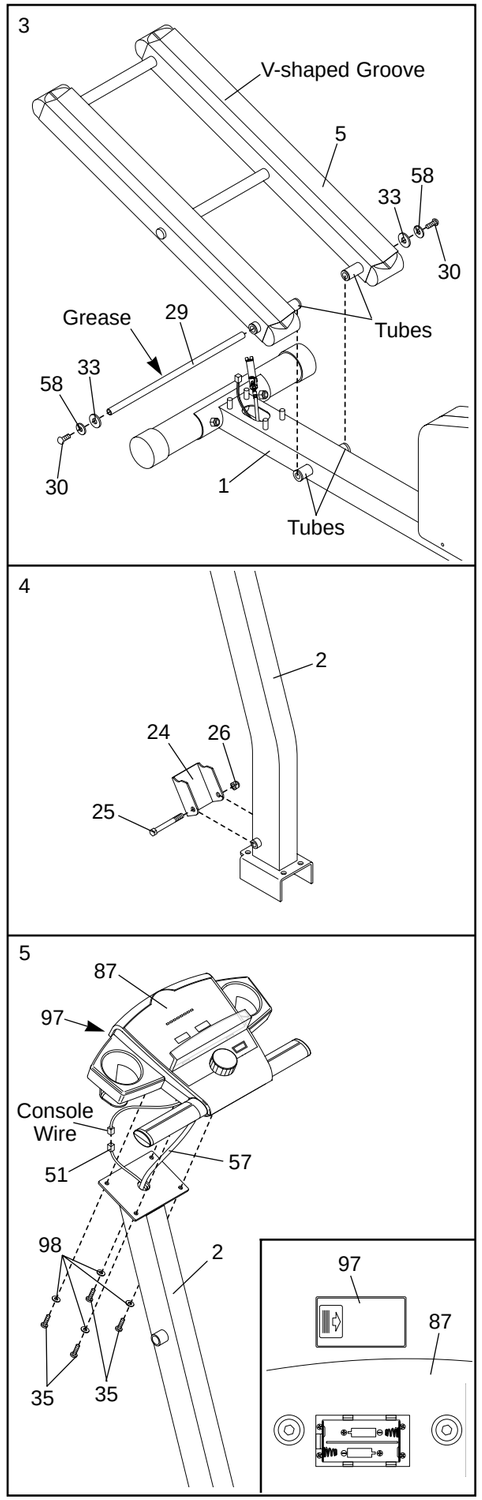
   Slide an M8 Split Washer (58) and an M8 Washer (33) onto the other Incline Axle Screw (30). Tighten the Incline Axle Screw into the open end of the Incline Axle (29).

4. Attach the Incline Bracket (24) to the lower end of the Upright (2) with the M10 x 85mm Bolt (25) and an M10 Nylon Locknut (26). **Do not overtighten the Nylon Locknut; the Incline Bracket must pivot easily.**

5. The Console (87) requires two “AA” batteries (not included). Alkaline batteries are recommended. To install batteries, turn the Console face down and remove the Battery Cover (97), as shown in the inset drawing. Next, insert two batteries into the Console. **Make sure that the negative ends of the batteries (marked “—”) are touching the springs in the Console.** Then, reattach the Battery Cover.

   Carefully feed the Resistance Cable (57) down through the Upright (2) until the end of the Resistance Cable extends from the bottom of the Upright. Next, connect the console wire to the Extension Wire (51).

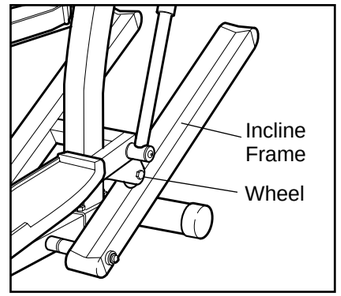
   Attach the Console (87) to the Upright (2) with the four Console Screws (35) and the four Console Washers (98) packaged with the Console. **Be careful to avoid pinching the wires.**



MAINTENANCE AND TROUBLESHOOTING

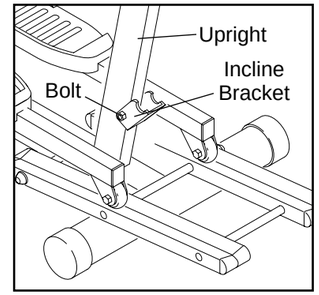
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasives or solvents.**



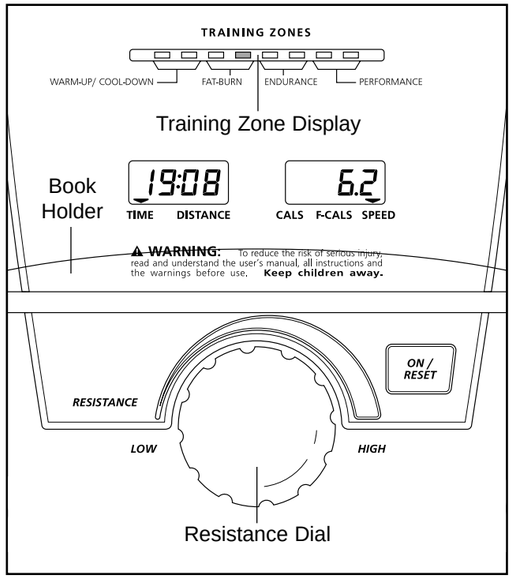
LUBRICATING THE INCLINE BRACKET

The incline bracket and the bolt on which it pivots should be regularly lubricated. Apply a small amount of the included lubricant to the bolt and between the bracket and the upright.



DESCRIPTION OF THE CONSOLE

The console offers a selection of features to help you get more from your workouts. The water bottle holders keep your water bottle handy during your workouts; the book holder lets you read your favorite magazine while you get in shape; the convenient resistance dial allows you to easily change the resistance at any time; and the unique training zone display and the two LCD displays provide instant exercise feedback.



BATTERY INSTALLATION

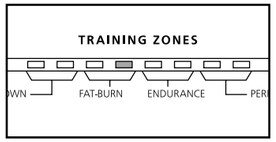
Before the console can be operated, two "AA" batteries must be installed. See assembly step 5 on page 6 for installation instructions.

HOW TO OPERATE THE CONSOLE

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

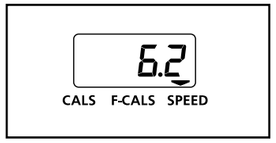
1. To turn on the power, press the on/reset button or simply begin exercising. When the power is turned on, the displays and indicators will light for two seconds. The console will then be ready for use.

2. As you exercise, watch your progress with the training zone display and the LCD displays.



The training zone display—As you exercise, the training zone display will show the approximate intensity level of your exercise. For example, if the fourth indicator in the display is lit (refer to the drawing above), the display shows that your intensity level is ideal for fat burning.

The left LCD display—As you exercise, the left display will show the elapsed time and the distance you have traveled. The display will change from one number to the other every seven seconds. Arrows in the display will indicate which number is currently shown.



The right LCD display—As you exercise, the right display will show the approximate numbers of calories and fat calories you have burned (see BURNING FAT on page 12) and your current speed. The display will change from one number to the next every seven seconds. Arrows in the display will indicate which number is currently shown.

3. To reset the LCD displays, press the on/reset button at any time.

4. To turn off the power, simply wait for about four minutes. **The console has an "auto-off" feature. If the pedals are not moved and the console button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

6. Remove the four M10 Nylon Locknuts (not shown) from the welded bolts on the front of the Frame (1).

   Lay a cloth over the front of the Frame (1) to protect it from scratches. Lay the Upright (2) in the position shown. Connect the Extension Wire (51) to the Reed Switch Wire (50).

   Next, connect the Resistance Cable (57) to the Extension Cable (93) in the following way:

   - Refer to drawing A. Pull up on the metal bracket on the Extension Cable (93), and insert the tip of the Resistance Cable (57) into the wire clip on the Extension Cable as shown.
   - Refer to drawing B. **Firmly** pull the Resistance Cable (57) and slide it into the metal bracket on the Extension Cable (93) as shown.
   - Refer to drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

7. Align the two holes in the front of the Upright (2) with the two welded bolts on the front of the Frame (1).

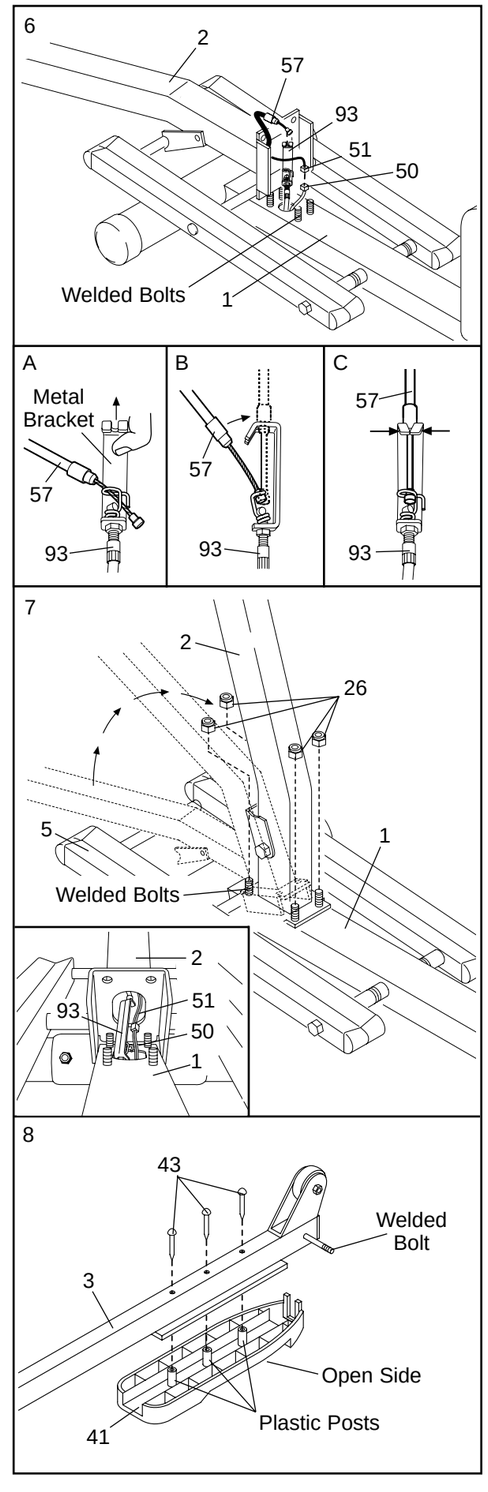
   Next, pivot the Upright (2) about halfway to a vertical position. **Refer to the inset drawing. As you raise the Upright, look into the lower end and make sure that the metal bracket on the Extension Cable (93) does not get caught on the Upright or the Frame (1). In addition, feed all slack Extension Wire (51) and Reed Switch Wire (50) into the Upright.** Continue to raise the Upright until the four welded bolts are inserted through the bracket at the bottom of the Upright.

   Lift the front of the Incline Frame (5). Tighten an M10 Nylon Locknut (26) onto each welded bolt.

8. Identify the Left Pedal Arm (3), which has an "L" sticker on it. Next, identify the Left Pedal (41), which has the letter "L" molded onto the bottom.

   Turn over the Left Pedal Arm (3) as shown. Insert the three plastic posts on the Left Pedal (41) into the three indicated holes in the Left Pedal Arm. **Make sure that the Left Pedal is turned as shown.** Attach the Left Pedal with three Pedal Screws (43).

   Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.



9. Apply a small amount of grease to the axle on the left Crank Arm (6).

   Side a Plastic Pedal Spacer (92) and the Left Pedal Arm (3) onto the axle on the left Crank Arm (6). Note: It may be helpful to use a rubber mallet to tap these parts on. **Be careful not to confuse the Left Pedal Arm with the Right Pedal Arm (not shown); look at the position of the round tube to identify the Left Pedal Arm.** Next, tap a 3/4" Axle Cap (61) onto the axle.

   Attach the Right Pedal Arm (not shown) in the same way.

10. Apply grease to the welded bolt on the Left Pedal Arm (3). Slide a Chrome Tube (21) and a Chrome Tube Washer (84) onto the welded bolt. **Make sure that the Chrome Tube is turned exactly as shown in the inset drawing.** Then, tighten an M10 Nylon Locknut (26) onto the welded bolt.

    Attach the other Chrome Tube (not shown) to the Right Pedal Arm (4) in the same way.

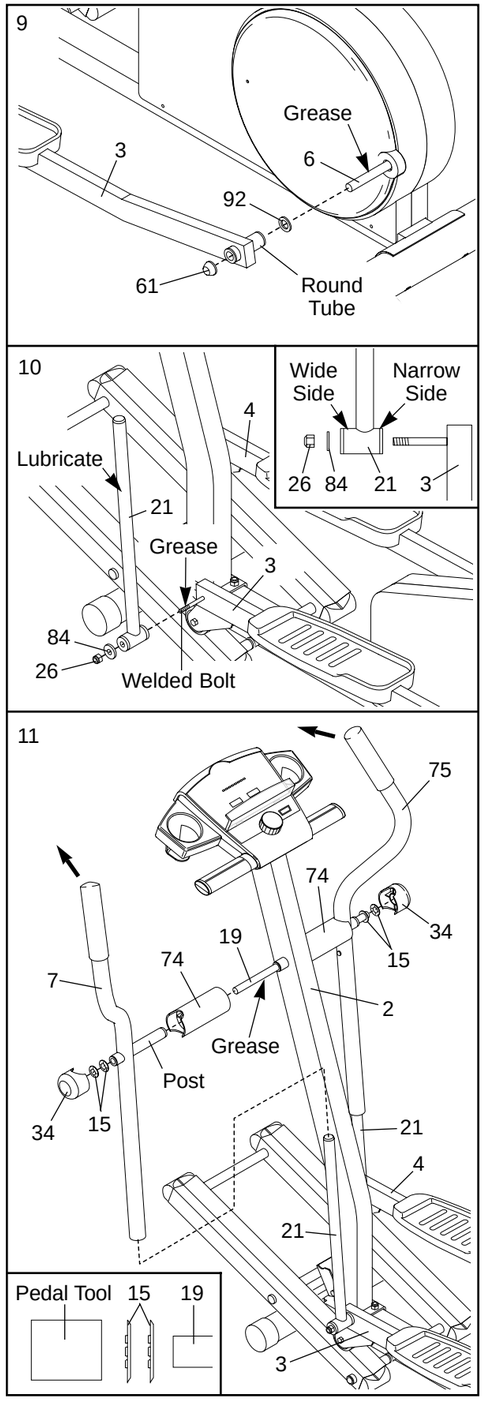
    Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin film of the lubricant onto both Chrome Tubes (21).

11. Slide the Left Upper Body Arm (7), which is marked with an "L" sticker, onto the Chrome Tube (21) on the Left Pedal Arm (3). Slide the Right Upper Body Arm (75) onto the Chrome Tube on the Right Pedal Arm (4). **Make sure that the Upper Body Arms are on the correct sides—the upper ends should bend in the direction shown by the arrows.** Next, slide an Axle Cover (74) onto the post on each Upper Body Arm.

    Apply grease to the Arm Axle (19). Insert the Arm Axle into the Right Upper Body Arm (75) and the right Pivot Cover (74). Next, insert the Arm Axle into the Upright (2) until the left end of the Axle is flush with the left side of the Upright. Then, insert the Arm Axle into the left Axle Cover (74) and the Left Upper Body Arm (7). **Center the Arm Axle.**

    Using the included pedal tool, tap two Push Nuts (15) **about 1/8"** onto each end of the Arm Axle (19). Make sure that the Push Nuts are turned as shown in the inset drawing. Note: It may be helpful if another person holds a block of wood against one end of the Arm Axle while you tap Push Nuts onto the other end.

    Press an Axle Cap (34) onto each end of the Arm Axle (19).

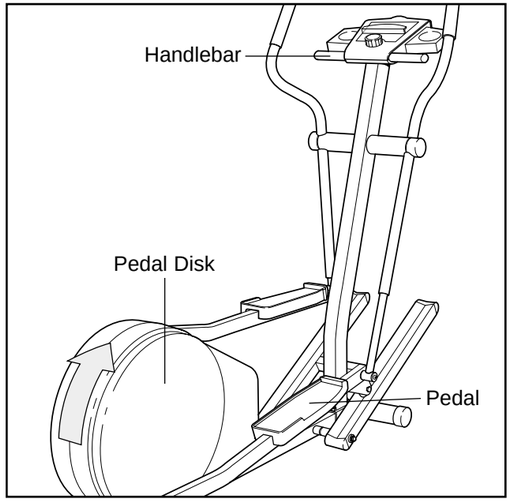


12. **Make sure that all parts of the elliptical crosstrainer are properly tightened. Note: Some hardware may be left over after assembly is completed.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

EXERCISING ON THE ELLIPTICAL CROSSTRAINER

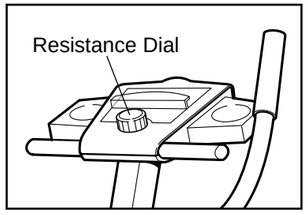
To mount the elliptical crosstrainer, hold the handlebar and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow below; however, to give variety to your exercise, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

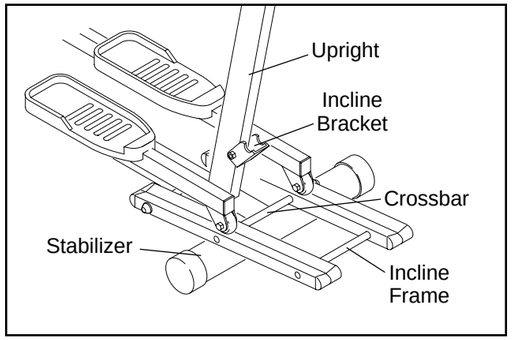
HOW TO ADJUST THE RESISTANCE

To adjust the resistance of the pedals as you exercise, turn the resistance dial on the console. Turn the dial clockwise to increase the resistance or counterclockwise to decrease the resistance.



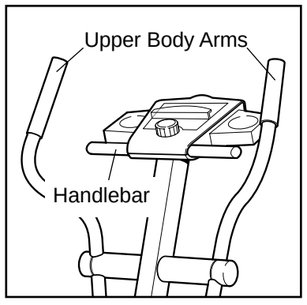
INCLINE ADJUSTMENT

The intensity of your exercise can be further adjusted by raising or lowering the incline frame. To raise the incline frame, position the pedal arms side by side as shown. Lift the end of the incline frame until the crossbar is on top of the incline bracket. **Make sure that the crossbar is resting securely on top of the incline bracket.** To lower the incline frame, lift the incline frame slightly, push the incline bracket toward the upright, and then lower the incline frame onto the stabilizer.



HOW TO USE THE UPPER BODY ARMS

The upper body arms are designed to add upper-body exercise to your workouts. As you exercise, hold the upper body arms and move your arms forward and back in order to work your arms, back, and shoulders.



To exercise only your lower body, hold the handlebar as you exercise.